

INGERSOLL ARENA PRESENTS

2013

BACK TO BASICS HOCKEY CAMP

DATE:	AUGUST	5	MON	11PM TO 4:00PM
		6	TUE	11PM TO 4:00PM
		7	WED	11PM TO 4:00PM
		8	THU	11PM TO 4:00PM
		9	FRI	11PM TO 4:00PM

CAMP ITINERARY: FIVE HOURS PER DAY - FOR FIVE DAYS

* **ONE HOUR** OF "CLASS ROOMBOARD TRAINING" AND **ONE HOUR** OF "OFF ICE TRAINING"

***TWO HOURS OF ICE TIME:**

- **ONE HOUR** OF SKATE & SKILL DRILLS
- **ONE HOUR** OF CONTROLLED SCRIMMAGE

HOCKEY CAMP WORDS TO REMEMBER

*DISCIPLINE-ATTITUDE-TEAM WORK -TEAM MATE- RESPECT- INTENSITY-
FULL TILT-ANTICIPATION -CREATING OPPORTUNITIES-ICE AWARENESS
-PASSING-PUCK CONTROLL-BODY CONTROLL.*

SKILLS & DRILLS

FACE OFF - CORNER COVERAGE – PIVETTING - GIVING AND RECEIVING A PASS- DEFENSIVE GAP CONTROL - GIVING AND RECEIVING A CHECK – TIPPING - FRONT OF THE NET COVERAGE(BODY POSITIONING) - ONE TIMMERS - READING AND ANTICIPATING THE PLAY - PERFORMANCE WITH AND WITHOUT THE PUCK – THE IMPORTANCE OF MOVING TO OPEN ICE & CREATING OPPORTUNITIES.

CAMP MOTTO -

“DON'T WATCH THE PLAY- BE THE PLAY”

REQUIREMENTS FOR THE CAMP

1. YOU MUST HAVE A GREAT ATTITUDE AND THE DESIRE TO LEARN MORE ABOUT THE GAME OF HOCKEY AND IMPROVE ON INDIVIDUAL SKILLS.
2. MUST BE WILLING TO LISTEN, WORK HARD AND GIVE 100% AT ALL TIMES.
3. MUST BE AN AVID HOCKEY PLAYER (THIS IS NOT A LEARN TO SKATE PROGRAM).
4. MUST BE 12 TO 16 YEARS OF AGE
5. MUST HAVE USA HOCKEY CERTIFICATION
6. MUST BRING YOUR OWN WATER BOTTLE & SNACK FOR CAMP
7. MUST NEVER BE LATE FOR CAMP!!!!!!

COST OF THE CAMP: \$275.00 (PER STUDENT)

***DEPOSIT OF \$100 MUST BE RECEIVED BY JUNE 1ST, 2013**

***PAYMENT IN FULL MUST BE PAID BY AUGUST 1ST 2013**

FEE INCLUDES: 10 HOURS OF ICE TIME

5 HOURS OF CLASS ROOM PARTICIPATION

5 HOURS OF DRY LAND TRAINING

FOR MORE INFORMATION PLEASE CALL MIKE BERUBE @ 207-333-6600 EXT 2114 OR 312-4833.